

Wellness & Healing at Pura Vida

One of the unique aspects of Root to Rise is access to Pura Vida's talented wellness practitioners and healing offerings.

Whether you're seeking relaxation, recovery, emotional release, or simply a little extra care during your week in paradise, a variety of treatments and experiences are available throughout the retreat.

Community Wellness Credits

Through our **Rise Together** referral program, each person you refer who joins **First Wave** earns you one **Community Wellness Credit**.

Each Community Wellness Credit currently carries a value of **\$90 USD** and may be applied toward the services listed below, allowing you to customize your own healing journey throughout retreat week.

Many services are fully covered by a single Wellness Credit.

Massage & Bodywork

Intuitive Healing Massage

A personalized massage experience tailored to your unique needs. Sessions may incorporate Swedish massage, deep tissue techniques, myofascial release, energy work, and intuitive touch to promote relaxation, recovery, and overall well-being.

Deep Tissue Massage

Slow, focused bodywork designed to release chronic tension held within muscles and connective tissue.

Hot Stone Massage

Warm stones are used to ease muscular tension, improve circulation, and create a deeply relaxing experience.

Lymphatic Massage

A gentle treatment designed to support circulation, encourage lymphatic flow, reduce inflammation, and promote detoxification and immune support.

Pricing

60 minutes — \$90 USD

90 minutes — \$130 USD

Watsu (Water Shiatsu)

One of Pura Vida's most beloved offerings.

Performed one-on-one in warm water, Watsu combines gentle stretching, massage, joint mobilization, floating, and nurturing movement. Many guests describe the experience as profoundly relaxing, meditative, and deeply restorative.

Some experience emotional release, vivid memories, deep relaxation, or a renewed connection to themselves through the healing qualities of warm water and supported movement.

Pricing

60 minutes — \$90 USD

Reflexology

A focused treatment using pressure points on the feet to support relaxation and encourage balance throughout the body.

Many guests enjoy reflexology for stress reduction, grounding, and overall relaxation.

Pricing

60 minutes — \$90 USD

90 minutes — \$130 USD

Reiki & Energy Healing

A gentle hands-on energy practice designed to support relaxation, energetic balance, emotional well-being, and inner calm.

Sessions may help quiet the mind, release energetic blockages, and reconnect you with a deeper sense of harmony.

Pricing

60 minutes — \$90 USD

Integrated Energy Work

A unique session combining energy healing, acupressure, reflexology, meditation, neuro-lymphatic techniques, and intuitive guidance.

Designed to help restore energetic flow, deepen self-awareness, and support emotional and physical well-being.

Pricing

Please inquire for current pricing and availability.

Breathwork & Spiritual Counseling

A private one-on-one experience combining conscious breathing practices, inquiry, coaching, and guided reflection.

Many guests find these sessions supportive for stress reduction, emotional processing, personal growth, and gaining clarity around life transitions.

Pricing

60 minutes — \$90 USD

Sound Healing

A deeply immersive experience using crystal bowls, Tibetan bowls, percussion, voice, and vibration to encourage relaxation and nervous system regulation.

Available in both group and private formats.

Pricing

Varies by session type.

Body Wraps

A nourishing spa treatment designed to support skin health and relaxation.

Available options include Coffee Wraps and Almond Wraps.

Benefits may include:

- Exfoliation
- Skin nourishment
- Detoxification support
- Lymphatic stimulation
- Improved circulation

Pricing

60 minutes — \$90 USD

Important Notes

- Community Wellness Credits are earned through the Rise Together referral program when someone you refer joins First Wave.
- Each Community Wellness Credit currently carries a value of **\$90 USD**.
- Services priced above \$90 may be upgraded by paying the difference.
- Availability of specific practitioners and services may vary during retreat week.
- Prices are subject to change.
- Gratuity is not included and remains the responsibility of the guest receiving the service.
- A 24-hour cancellation policy applies to all private sessions.
- Same-day cancellations are charged in full.
- Day-prior cancellations incur a 50% fee.